

Full Report (All Nutrients) 19068, Candies, NESTLE, BIT-O'-HONEY Candy Chews

Report Date: June 26, 2017 16:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Manufacturer Nestle USA, Inc.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 6 pieces 40g
Proximates					
Water	g	8.30	--	--	3.32
Energy 1	kcal	375	1	--	150
Energy	kJ	1569	--	--	628
Protein 1	g	2.00	1	--	0.80
Total lipid (fat) 1	g	7.50	1	--	3.00
Ash	g	1.31	--	--	0.52
Carbohydrate, by difference 1	g	80.89	--	--	32.36
Fiber, total dietary 1	g	0.2	1	--	0.1
Sugars, total 1	g	48.00	1	--	19.20
Minerals					
Calcium, Ca 1	mg	35	1	--	14
Iron, Fe 1	mg	0.20	1	--	0.08
Magnesium, Mg	mg	7	--	--	3
Phosphorus, P	mg	28	--	--	11
Potassium, K	mg	44	--	--	18
Sodium, Na 1	mg	295	1	--	118
Zinc, Zn	mg	0.49	--	--	0.20
Copper, Cu	mg	0.026	--	--	0.010
Manganese, Mn	mg	0.038	--	--	0.015
Selenium, Se	µg	1.3	--	--	0.5
Vitamins					
Vitamin C, total ascorbic acid 1	mg	0.8	1	--	0.3
Thiamin	mg	0.060	--	--	0.024

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 6 pieces 40g
Riboflavin	mg	0.044	--	--	0.018
Niacin	mg	0.069	--	--	0.028
Pantothenic acid	mg	0.082	--	--	0.033
Vitamin B-6	mg	0.009	--	--	0.004
Folate, total	µg	2	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	1
Folate, DFE	µg	2	--	--	1
Choline, total	mg	2.5	--	--	1.0
Vitamin B-12	µg	0.06	--	--	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU 1	IU	0	1	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	0.12
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	5.500	1	--	2.200
4:0	g	0.005	--	--	0.002
6:0	g	0.047	--	--	0.019
8:0	g	0.496	--	--	0.198
10:0	g	0.352	--	--	0.141
12:0	g	2.798	--	--	1.119
13:0	g	0.000	--	--	0.000
14:0	g	1.050	--	--	0.420

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 6 pieces 40g
15:0	g	0.000	--	--	0.000
16:0	g	0.560	--	--	0.224
17:0	g	0.000	--	--	0.000
18:0	g	0.189	--	--	0.076
20:0	g	0.002	--	--	0.001
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	1.030	--	--	0.412
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.005	--	--	0.002
18:1 undifferentiated	g	1.025	--	--	0.410
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.338	--	--	0.135
18:2 undifferentiated	g	0.336	--	--	0.134
18:3 undifferentiated	g	0.002	--	--	0.001
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	1	--	0.000
Cholesterol ¹	mg	0	1	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data
¹Nestle USA, Inc. Nestle company data, 2006